

The plate method

An easy way to set up Healthy meals

For more information on healthy life style:

Contact your Nutritionist at your local clinic

Canadian Diabetes Association
www.diabetes.ca

Diabète Québec
www.diabete.qc.ca

Dietitians of Canada
www.dietitians.ca

Nutrition Labelling Education Center
www.healthyeatingisinstore.ca

Health Canada, Food & Nutrition
www.hc-sc.gc.ca/fn-an/index_e.htm

Public Health Department of CBHSSJB
www.creepublichealth.org

Kino Quebec
www.kino-quebec.qc.ca

Active Living at work
www.phac-aspc.qc.ca



Conseil Cri de la santé et des services sociaux de la Baie James
 Cree Board of Health and Social Services of James Bay

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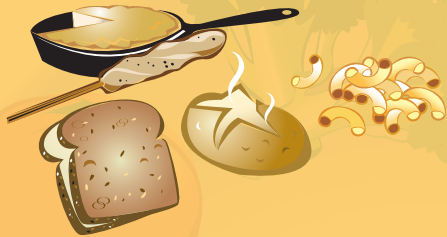
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A visual tool to help you to:

- Control your blood sugar
- Prevent diabetes
- Prevent cardiovascular diseases, cancer and other chronic diseases

Imagine that your plate as four equal parts

Step 1 Use 1 part for starch



Take a regular* size plate

*About 9 inches (23 cm)

Let's look at each part of the plate

Starch

- Prefer whole grain breads and cereals, brown rice, whole grain noodles, regular oats, barley.
- By choosing whole grain products you are adding fibre* to your meal.

Step 2 Use 1 part for meat, fish or meat substitutes



Protein

- Proteins are found in traditional meat, store-bought meat and poultry, fish and substitutes like eggs, tofu, beans and peanut butter.
- Cook your meat and fish using low-fat methods: boil, bake, smoke, broil and roast.

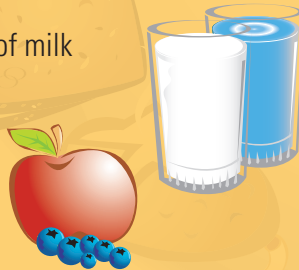
Step 3 Use 2 parts for vegetables



Vegetables

- 2 parts of veggies in your plate may be more vegetables than you are used to, but that's o.k. By eating more vegetables you are adding fibre*, vitamins, minerals and colors to your meal.
- A variety of vegetables are available all year around, fresh and frozen.

Step 4 You can have a glass of milk or water and a fruit to complete your meal



Milk or Water

- Choose milk or water with your meal.
- A glass of milk will bring many nutrients, including calcium and vitamin D that are good for bones.
- Water ... is life!

Fruit

- Choose a fresh, frozen or a canned fruit... Fruit make excellent dessert.

Note *Foods high in fibre help to keep our bowels regular and makes us feel full. Eating regularly a variety of high-fibre foods may also help you to control your blood sugar and your cholesterol levels.